

Westward Expansion Investigation #3

Investigating American History



You will need: information on the Trail of Tears, writing supplies.

1. Research the Trail of Tears.
2. Write a poem about the experience of the Cherokee. Use language which appeals to all the reader's senses. Include at least two metaphors and two similes.

Choose your challenge level:

- ☐ Share your poem with the class or a small group.
- ☐ Write a series of three poems, each about a different aspect of the Trail of Tears. Share with the class or a small group.
- ☐ Make a poetry journal in which you write three to five original poems about the Trail of Tears as well as collect poems by others about the Native American experience during Westward Expansion. Share several with the class.

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Investigating American History

Westward Expansion Investigation #4



You will need: background information on foods eaten by the fur trappers, explorers such as Lewis and Clark, frontiersmen, pioneers, railroad workers, or gold miners.

1. Choose one of the groups of travelers listed above. Research the foods they ate while on the trail.
2. Select a food to prepare for the class. Make sure you will be able to get the ingredients.
3. Find out what makes this food nutritious and why it was important to the group you selected.

Choose your challenge level:

- ☐ Demonstrate for the class how to prepare the food.
- ☐ Use illustrations and diagrams to help explain the steps involved.
- ☐ Make a T-chart comparing the diet of a typical American student today with that of a child from the group you are studying. Study the USDA Food Guide Pyramid. Evaluate the two diets.